

**INVEST IN
YOUR FUTURE**



ENTRY: 32 UCAS points **STUDY MODE:** Full-time/Part-time
DURATION: 1 - 2 years **ASSESSMENT:** Examination/coursework
PROGRESSION: Employment/Postgraduate study



FOUNDATION DEGREE IN SPORTS COACHING

WHAT IS THE COURSE ABOUT?

The Foundation Degree in Sports Coaching is designed for individuals already working, or wishing to start working, in the Sport industry and Sports Coaching. It is a flexible programme for students wishing to study part-time and full-time.

The full and part-time approach combines face-to-face tuition at UCM with periods of work-based learning. Work-based learning is an important element of the programme and modules are designed so that you are

able to use knowledge and skills developed and used within your place of work or via work experience.

The Sports Coaching programme recognises the need to be appropriately qualified in order to obtain meaningful work related opportunities, and be prepared for professional recognition (by 'First for Sport'). If you already possess relevant awards and have the appropriate experience you may wish to take up a more prescriptive academic route through the programme.

Where individuals need to undertake coaching industry qualifications (UKCC awards), or engage in the process of professionally updating, they will be provided with the opportunity to gain places on appropriate awards/workshops. Under these circumstances, you may be required to make a financial contribution towards

the process of training, assessment and professional registration associated with such an undertaking. UCM endeavours to provide the most appropriate CPD opportunities at minimum cost and this is reviewed on an annual basis.

The course comprises a series of modules which develop and assess key practical and professional skills, (i.e. research and study skills, communication and IT skills), along with those that develop knowledge and understanding relevant to the workplace, but which also serve to prepare you to engage in further academic study should they seek to progress to Year 3 of our BA (Hons) Sports Coaching (Top Up) programme.

WHAT ARE THE ENTRY REQUIREMENTS?

- Typically a minimum of 32 UCAS points from A-levels or equivalent
- BTEC Extended Diploma: MMM
- BTRC Level 3 Diploma: DD
- International Baccalaureate: 24 points

Substantive work experience may be considered in place of formal qualifications. Mature students (21 years of age or over) without evidence of the above qualifications but with relevant experience, will be required to demonstrate enthusiasm and aptitude for higher level study. In some cases potential students will be invited to do so by attending an informal initial interview. All offers of a place are subject to

the appropriate completion of an enhanced criminal records bureau disclosure that will be organised at the start of the academic year. This may also need to be repeated at appropriate periods during the course of study and continued programme registration is subject to this process.

WHAT SUBJECTS WILL I STUDY?

YEAR 1

SPORTS COACHING CONCEPTS THE ROLE OF SPORT IN SOCIETY

PRACTICAL SPORTS COACHING SKILLS

This module builds upon your knowledge from UKCC level 1 coaching awards. It refines and develops your ability to plan, deliver and reflect upon the aims and content of coaching sessions.

PROFESSIONAL DEVELOPMENT FOR SPORTS COACHES

This module will provide an opportunity to undertake a sport-specific coaching award and attend "good practice" coaching workshops that will help meet the minimum industry standards for deployment as a coach. It also aims to provide a sound preparation for the sports coaching work placement that you will undertake as part of the Learning at Work module at Level 5 of their programme.

PSYCHOLOGY FOR SPORT & EXERCISE

This module aims to develop such an understanding and to develop your ability to consider how positive/adaptive behaviours can be maintained, whilst negative/maladaptive behaviours may be challenged and motivation re-discovered.

INTRODUCTION TO EVENTS MANAGEMENT

This module examines the events operations cycle and its effective management in the context of the events industry. A specific aim is to identify and begin to develop the skills necessary in the events management and related industries.

YEAR 2

- **RESEARCH SKILLS FOR SPORT AND PHYSICAL ACTIVITY**

This module will enable you to develop your knowledge and understanding of the management, monitoring and evaluation of processes and people within the workplace and enables you to demonstrate your ability to undertake an individual investigation with direct relevance to your professional practice.

- **SPORT POLICY AND AGENCIES**

This module provides you with an opportunity to understand the structure of this industry, the role of organisations within it, the background and significance of findings of the recent coaching Task Force, the proposals of the UK Action Plan for Coaching (2006) and the influence of these on Government and organisational policy.

- **POSITIVE COMMUNICATION AND COUNSELLING SKILLS**

This module is designed to introduce, explore and develop awareness of, and practice of, counselling, interpersonal and reflective skills that can be utilised in your respective professions in the future.

- **PEDAGOGY FOR SPORTS COACHES**

This module aims to develop an understanding of the key pedagogical concepts and theories that can be used to inform an enhance sports coaching practice. You will be expected to apply this understanding to the process of planning, delivery and evaluation of coaching sessions.

- **LEARNING AT WORK (SPORTS COACHING) II**

This module will provide an opportunity for you to undertake a level 2 National Governing Body award (United Kingdom Coaching Certificate) or alternatively a range of industry relevant continuing professional development short courses (e.g. sports coach UK workshops) of an equivalent standard in terms of learning hours. You will then undertake coaching-related work-based learning for academic credit.

- **APPLIED PHYSIOLOGY: GROWTH, TRAINING AND DEVELOPMENT IN YOUNG PEOPLE**

This module addresses issues related to the growth, maturation and development of children and young adults from a largely physiological perspective. It develops

an understanding of long term athletic development, considering implications for those engaged in delivering and co-ordinating the delivery of sports opportunities, aimed at improving both participation levels and performance.

- **EVENT PLANNING, MANAGEMENT AND EVALUATION**

This module aims to identify and evaluate the key elements in the events planning process including: project planning, effective communication, teamwork, decision making, risk assessment, financial management, facility layout, design, management and sponsorship. Students work in groups to plan and deliver a relevant event and produce a critical appraisal of various elements of an actual event, from concept to legacy.

HOW WILL I BE ASSESSED?

A variety of assessment methods will be used within the programme and tasks will typically feature short objective/multiple-choice tests, essays and structured reports, oral presentations, video analysis and reflective learning logs.

At Level 5 (Year 2) there will be a greater emphasis on the development of cognitive and transferable skills and the use of academic literature to inform work related practice. Case studies, portfolios, seminar, group projects and fieldwork will feature.

WHAT ARE MY PROGRESSION AND CAREER OPTIONS?

The intention is to develop high quality graduates who will possess the intermediate Higher Education Skills identified as requirements for employment by the industry. In short, graduates of the FdSc Sports Coaching programme will have the requisite skills, knowledge and understanding to gain, maintain and purposefully develop a career in Sports Coaching including Personal Trainers, Sport Development Officers and gyms.

In addition to this the programme lays the platform for engagement in further study at Level 6 (year 3) of our BA (Hons) Sports Coaching (Top up) degree programme. Strong candidates who have accumulated a volume of relevant experience in the industry may be well equipped for application to study a PGCE from this point on.

WHO SHOULD I CONTACT?

All enquiries should be directed to the H. E. Administrator on 648278 or email HE@ucm.ac.im